

# FITNESS DRUM

## 30 Day Wall Sit Challenge

Day	Beginner	Advanced
Day 1	5 seconds	30 seconds
Day 2	10 seconds	45 seconds
Day 3	12 seconds	60 seconds
Day 4	15 seconds	1 minute 20 seconds
Day 5	17 seconds	1 minute 30 seconds
Day 6	20 seconds	1 minute 40 seconds
Day 7	22 seconds	1 minute 50 seconds
Day 8	24 seconds	2 minutes
Day 9	26 seconds	2 minutes 10 seconds
Day 10	28 seconds	2 minutes 20 seconds
Day 11	30 seconds	2 minutes 30 seconds
Day 12	31 seconds	2 minutes 40 seconds
Day 13	32 seconds	2 minutes 50 seconds
Day 14	33 seconds	3 minutes
Day 15	34 seconds	3 minutes 10 seconds
Day 16	35 seconds	3 minutes 20 seconds
Day 17	36 seconds	3 minutes 30 seconds
Day 18	37 seconds	3 minutes 40 seconds
Day 19	38 seconds	3 minutes 50 seconds
Day 20	39 seconds	4 minutes
Day 21	40 seconds	4 minutes 5 seconds
Day 22	42 seconds	4 minutes 10 seconds
Day 23	44 seconds	4 minutes 20 seconds
Day 24	46 seconds	4 minutes 25 seconds
Day 25	48 seconds	4 minutes 30 seconds
Day 26	50 seconds	4 minutes 35 seconds
Day 27	52 seconds	4 minutes 40 seconds
Day 28	54 seconds	4 minutes 45 seconds
Day 29	57 seconds	4 minutes 50 seconds
Day 30	60 seconds	5 minutes